

RESEARCH EVIDENCE FOR ¡CUÍDATE! (TAKE CARE OF YOURSELF)

Study Citation:	Villarruel, A. M., Jemmott, J. B., & Jemmott, L. S. A randomized controlled trial testing an HIV prevention intervention for Latino youth. (2006). Archives of Pediatrics & Adolescent Medicine, 160(8), 772–777.
Study Setting:	Saturday program serving neighborhoods in northeast Philadelphia, PA
Study Sample:	684 Latino adolescents recruited from three neighborhood high schools and community-based organizations <ul style="list-style-type: none"> • Age ranges from 13 to 18 years • 55% female and 45% male • 85% Puerto Rican
Study Design:	Randomized controlled trial. The study was conducted with multiple groups of youth over a 5-month period. For each group, about half the participants were randomly selected to receive the eight-hour intervention over two consecutive Saturdays, and half were randomly selected for a control group that received a general health-promotion curriculum on diet, exercise, and substance use. Surveys were administered immediately before the program (baseline), immediately after the program (posttest), and at 3, 6, and 12 months after the program.
Study Rating:	The study met the review criteria for a high study rating.
Study Findings:	Averaged across the 3-, 6-, and 12-month follow-up surveys: <ul style="list-style-type: none"> • Adolescents participating in the intervention were significantly less likely to report having had sexual intercourse and having had multiple sexual partners in the previous three months. They reported significantly fewer days of unprotected sex and were more likely to report using condoms consistently. • The study found no statistically significant program impacts on condom use at last sex or a measure of the proportion of days of sexual intercourse that were condom protected.

Last Updated: 05/31/12